

Alcohol Can Harm the Way  
Your Baby Learns  
and Behaves.



Have a  
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Be an  
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mother-to-be.

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You can prevent problems for  
your baby  
that cannot be cured.

**W**hen you're pregnant, there is no known safe level of alcohol. Everything you drink goes into your bloodstream and passes to your baby.

Children whose mothers drink alcohol can be born small. They can have trouble eating and sleeping. They can have problems learning and paying attention. Some may even need lifelong medical care.

It's the same for all mothers- and fathers-to-be. You can protect your baby's future and your own future.

**For information call SAMHSA's  
FASD Center for Excellence  
Information Resource  
Center: (866) STOP-FAS.**

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